Quick Pickle

Today we are going to talk about food preservation, or how to preserve and extend your garden harvest.

Learning Gardens can produce a great amount of produce, sometimes more than we can use in one time. Food preservation can allow us to fully use our garden harvest, and make garden produce available during colder months.

So how did people preserve or save their food from rotting before refrigerators and freezers were invented?

Drying, salting, smoking, sugaring, fermenting, and pickling.

We’re going to take a look at one of the methods that are used to preserve food to make it last longer.

Pickling Demo

Ingredients

1 to 2 bunches vegetables, leaves removed
1 cup white vinegar
1 cup of seasoned vinegar
2 cups water
1 tablespoon of freshly chopped herbs
1 tablespoon of pickling spice
1 tablespoon pickling salt

Method

• In a medium bowl mix together the vinegar, water, herbs, spices and salt. Mix until the salt has dissolved, and everything is well incorporated.
• Pack your jar(s) with your vegetables, make sure to leave room for the brine mixture.
• Add brine mixture to your jar of vegetables slowly. Be sure to include herbs and spices that may have settled on the bottom.
• Cover jar and allow vegetables to set for at least 3 hours. Thinly sliced and finely chopped vegetables will require less time to fully pickle.
• Serve and enjoy!
Knife Skills

Today we are going to be preparing a class kitchen recipe. We are going to be using different kitchen tools to prepare our recipe. Just like any class activity we need to make sure we are following directions and staying safe at all times.

Knife Safety

I want everyone to raise the hand that you write with, this is your cutting hand, this is the hand you are going to cut with. Demonstrate a sawing motion.

Now raise your other hand. Make a bear claw. Demonstrate a bear claw. This is your safety hand. This is the hand you are going to hold your fruit or vegetable with.

Peanut butter jelly hands

I want everyone to make peanut butter jelly hands. That looks like putting your two hands together and imagining there is peanut butter and jelly in between your hands that is so sticky, you can’t separate your hands.

Cutting Board Geography

I will be walking around and passing out the different tools for the recipe. I will place your tools on the top of your cutting board. The top of your cutting board is called home. That is where your kitchen tool lives when you are not using it. Demonstrate.
Salad Dressing

Today we are going to be working together to make a salad dressing. Ask attendees to give examples of Salad Dressing: Ranch, Italian, Caesar, French, Balsamic Vinaigrette.

**Salad Dressing is made up of three main components**

1. Acid  
2. Fat  
3. Additional Flavoring

The two main ingredients of Salad dressing, oil and vinegar, don't mix well. Shaking and whisking these two ingredients until they are smooth creates an emulsion. This is temporary because the oil and vinegar will separate again over a short time.

**THE FORMULA**

Dressings are often mayonnaise-based and are best whisked. Vinaigrettes are a mixture of oil and vinegar plus seasonings. They separate after mixing and need a quick shake before serving.

- Oils create a base flavor.
- Acids (Vinegar and citrus) add acidity and balance to the dressing.
- Seasonings (Herbs and Spices) adds additional flavors.

**SHAKE IT, SHAKE IT, SHAKE IT**

**SHAKE IT ALL YOU CAN**

**SHAKE IT LIKE A SHAKER**

**AND PASS IT TO A FRIEND ... HEY!**
Summer Rolls

Even though greens can be found all over the garden they all have different textures, tastes and uses. Celebrate the different raw vegetables growing in your garden with raw summer rolls.

ELA:

Use the tasting words table below to describe the different greens in your raw summer rolls.

<table>
<thead>
<tr>
<th>Words to describe Taste:</th>
</tr>
</thead>
<tbody>
<tr>
<td>peppery</td>
</tr>
<tr>
<td>flavourful</td>
</tr>
<tr>
<td>savoury</td>
</tr>
<tr>
<td>fruity</td>
</tr>
<tr>
<td>acidic</td>
</tr>
<tr>
<td>dry</td>
</tr>
<tr>
<td>rich</td>
</tr>
<tr>
<td>tangy</td>
</tr>
<tr>
<td>salty</td>
</tr>
</tbody>
</table>

Nutrition:

Dark leafy greens such as kale, collards, and spinach are a great source of Vitamin A, C, E and K. Greens like bok choy and mustards are also rich in B Vitamins. These vegetables also contain high levels of iron and fiber.